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TEMP Max 34 | Min 21 | Humidity 81% Generally cloudy sky with one or two spells of rain Sensex 76,295 | Nifty 23,250 | Gold 93,380 | Silver 1,03,000 | Dollar 85.43 | Euro 94.92 | GBP 112.13

From pouring gasoline to flush out snakes to trapping them in bottles, city-based wildlife experts say reptiles suffering as untrained rescuers on the prowl — with some doing it just for social media thrill

SLITHER AND SLIDE

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P2: TO BEE OR NOT TO BE

Shuayb Ahmad, an authorised volunteer snake rescuer by Bruhat Bengaluru Mahanagara Palike (BBMP), received a bizarre phone call a few days ago.

The caller said they wanted basic training in snake handling and rescue. However, coaching was needed so the caller could build their social media profile.

"This person offered me a hefty sum to understand the basics of snake handling. They wanted to know how to catch venomous snakes so they can attend rescue calls, catch snakes, click pictures, and upload them on their social media sites to increase the number of followers," recalls Ahmad.

This is not the lone call or request Ahmad

CONTINUED ON PAGE 8 »

Hats off

State police seek to replace British-era 'slouch hat' with peak cap. DGP to lead discussions and submit report soon

CITY PAGE 5

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THINGS TO DO

01 Eternal saga

Odissi dancer, Madhulita Mohapatra and her troupe Nrityantar Dance Ensemble are presenting an Odissi dance presentation which will bring to life the timeless epic of Ramayana. **Where: Jagriti Theatre, Whitefield; When: April 4, 7.30 pm**

02 Canvas carnival

A grand retrospective exhibition celebrating the life and works of MTV Acharya is being organised. The event's inauguration will bring together leading art, literature, and cultural figures. **Where: Indian Institute of World Culture, Basavanagudi; When: April 4, 5 pm**

03 Musical evening

Modern jazz will be meeting cinematic grooves as Windmills is presenting a performance by Andorra, the critically acclaimed Danish indie jazz ensemble, renowned for their fusion of Nordic jazz influences with a distinct indie expression. **Where: Windmills, Whitefield; When: April 4 and 5, 9.30 pm**

04 Classical performance

Young classical singer Nishant Panicker will be performing at the memorial concert of Pandit Gourang Kodical, who was a distinguished tabla maestro renowned for his profound contributions to Hindustani classical music. **Where: Canara Union, Malleshwaram; When: April 6, 6 pm**

05 Health discourse

BIC is organising 'The Age of Care', a discussion where experts will come together to explore critical but often neglected aspects of ageing in India. **Where: Bangalore International Centre, Domlur; When: April 4, 6.30 pm**

BBMP's new team to ensure humane bee relocation

Experts stress mandatory training for beehive relocation and recommend sensitisation programs to raise awareness on co-existence with bee colonies

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Inundated with calls by apartment complexes and housing societies regarding bee nests on balconies and windowsills, the Bruhat Bengaluru Mahanagara Palike (BBMP) is putting together a team of honeybee rescuers to remove these hives in a humane way, relocating bees without killing them.

According to officials, the Forest Department is forming a committee of experts to establish a rescue team to handle such complaints.

BLG Swamy, Deputy Conservator of Forest, BBMP, noted that the committee will have retired forest officials, wildlife rescuers, and biodiversity experts, who will constitute a team to relocate bee nests that are in spaces frequented by human beings. "We have been receiving many calls with such complaints, and the idea behind constituting this team is to ensure safe relocation of bees," he said.

However, he said that all calls regarding beehives will not be entertained with mandatory relocations. Any action will only be taken after analysing the location of the hives and the type of bees. "We will not be relocating all hives. After we receive a complaint, the team of rescuers will assess the situation on-ground to ascertain if relocation is necessary," he said.

Experts recommend a 'wait and watch' approach as around 70% of colonies vacate their nests within three months, 20% stay up to six months, and only 10% remain for eight to ten months

Bee conservationists urge caution

City-based conservationists say that while constituting a team to rescue bees is a step in the right direction, the decision to relocate should not be driven by a fear of bees. They emphasized that not all bees sting or require hive removal. For instance, *Apis cerana indica*, a non-stinging species, does not need relocation. Even *Apis Dorsata*, often seen as aggressive, may not always pose a threat.

"Although the Lal Bagh incident a couple of years ago involved Dorsata, it was a rare occasion. If a hive is located in a place that is not frequented by human beings, it should not be touched, even if it is Dorsata's hive," said Apoorva BV, a honeybee conservationist and a beekeeper by profession. He also opined that if BBMP is planning to have a team in place to remove and relocate hives, there needs to be a parallel sensitisation program to spread awareness among citizens about co-existence. "Residents of apartment complexes and other housing societies that approach the BBMP to remove bee hives should first be sensitised about aspects such as the importance of bees and coexistence," he added.

Experts say the team constituted by the civic body must undergo mandatory training in successful hive removal and relocation. A conservationist said that one week of training may be sufficient in sensitising rescuers about various aspects of relocating hives humanely. "Ideally, the whole hive should be taken out without causing any damage to broods (eggs, larvae, and pupae). Care should be taken to ensure adults do not get crushed by hive weight, as the queen might get killed accidentally. Once that happens, the colony will collapse. The comb should be cut in a way that it does not fall," the conservationist said.

Experts recommend a 'wait and watch' approach for residents. Around 70% of colonies vacate their nests within three months, 20% stay up to six months, and only 10% remain for eight to ten months.

Lalbagh's sustainable solution for water supply

Despite the scorching summer heat drying up lakes and reservoirs, Bengaluru's iconic Lalbagh Botanical Garden continues to thrive in lush greenery. The secret lies in a network of over 240 rainwater harvesting pits which prevent water wastage and boost groundwater levels in and around the garden.

"Each pit has a minimum storage capacity of 10,000 litres, collectively holding about 2.5 million litres of water. Previously, groundwater was available at depths of 80 to 90 feet, but now it can be accessed at just 45 to 50 feet. This has helped maintain the park's greenery year-round," said Dr M Jagadish, Joint Director of the Horticulture Department. Lalbagh also benefits from a Sewage Treatment Plant (STP) that supplies 1.5 million litres (15 lakh litres) of treated water daily. This water is distributed across 160 acres using 1,900 sprinklers, while six borewells provide additional supply for offices, flowerbeds, and plants. The Horticulture Department, in collaboration with organisations like United Way of Bengaluru, and Bosch, has constructed several rainwater harvesting pits. — BMB

Pay more for each drop

After recent hikes in milk, electricity, and diesel prices, the Karnataka government is now set to increase Cauvery water tariffs in Bengaluru. Deputy Chief Minister DK Shivakumar confirmed on Wednesday that water rates may rise by 1 paisa per litre. A Bangalore Water Supply and Sewerage Board (BWSSB) official said that BWSSB has not revised water tariffs for over a decade, leading to an estimated ₹600 crore annual revenue loss. To address this, the government has approved the price hike, and BWSSB has begun the formal process for implementation. Currently, BWSSB earns around ₹1,435 crore annually but spends over ₹2,000 crore, resulting in significant losses. With the proposed increase, the board expects to generate an additional ₹700 crore annually, potentially pushing its revenue to ₹2,200 crore.

At present, water rates range from ₹7 to ₹45 per 1,000 litres for domestic households, ₹22 for apartments, ₹50 to ₹70 for non-domestic consumers, and ₹90 for industrial use. The revision is expected to add ₹10 per 1,000 litres across all categories. Defending the move, DK Shivakumar stated that the hike is unavoidable as BWSSB faces an annual loss of ₹1,000 crore. "To sustain operations and fund future projects, a price revision is necessary," he said. — BMB

ED gets a green signal for MUDA investigation

The The Karnataka High Court has allowed the Enforcement Directorate (ED) to proceed with its investigation against all individuals in the Mysore Urban Development Authority (MUDA) case, except former Commissioner DB Natesh. Chief Justice NV Anjaria and Justice KV Aravind issued an interim order whilst addressing an ED application challenging a single judge's January 27 ruling that had nullified the probe against Natesh.

The ED's investigations had previously halted following the single judge's decision, as many individuals served with notices had obtained court stays citing the Natesh judgement. The Court had also invalidated notices to Chief Minister Siddaramaiah's wife Parvathi and Urban Development Minister Byrathi Suresh based on observations from Natesh's case.

The Court clarified that the single judge's ruling cannot impede the entire investigation. Whilst declining to stay the verdict in Natesh's case, the Bench specified that this ruling would not prevent the ED from investigating other accused persons according to law. — BMB

Cool showers greet B'luru morning

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Bengaluru experienced a dramatic weather shift on Wednesday. In the morning, it resembled a hill station, as moderate rainfall drenched several areas, leading to waterlogged roads and a noticeable drop in temperature. However, the city reverted to its usual warm and sunny conditions by afternoon, leaving residents surprised by the sudden transition.

According to the India Meteorological Department (IMD), the weather fluctuations were influenced by multiple atmospheric systems. A trough in the easterlies extended from South Interior Karnataka to southwest Madhya Pradesh, along with an upper air cyclonic circulation over north coastal Andhra Pradesh and adjoining south Odisha. Additionally, another cyclonic system was present over the southeast Arabian Sea, with a trough extending to south Kerala. The weakening of the Lakshadweep-to-Konkan trough also contributed to the changing weather patterns in the region.

The India Meteorological Department (IMD) has forecasted widespread light to moderate rainfall with isolated heavy showers and thunderstorms across Coastal Karnataka, accompanied by gusty winds of up to 30 kmph.

"In North Interior Karnataka, Belagavi, Dharwad, and Haveri districts may witness heavy rain, thunderstorms, and hail storms with winds reaching 30-40 kmph, while Bidar is also likely to experience similar conditions. Other districts in the region can expect light to moderate rainfall. South Interior Karnataka, including Shivamogga, Chikkamagaluru, Hassan, Tumakuru, Chitradurga, Vijayanagara, and Ballari, may see heavy rain and thunderstorms with gusty winds of 30-40 kmph. Bengaluru Urban and Rural, along with Chamarajanagar, Ramanagara, Kolar, and Chikkaballapura, are likely to receive moderate rain, while Kodagu and other districts in the region will see light to moderate showers," an IMD official said.

KAUSHIK JN

Morning rain cooled Bengaluru, dropping temperatures

Benson Town in chaos over PIN code mix-up

Locals are facing confusion as their long-standing 560046 is being replaced with 560006 without prior notice, sparking concerns over official address updates

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A quiet neighborhood known for its colonial-era charm and tree-lined streets, Benson Town, is now grappling with an unexpected bureaucratic headache. Residents are in a state of confusion and distress as reports emerge of their postal PIN code being changed from 560046 to 560006, sparking widespread concerns over official address updates and potential disruptions to essential services.

Residents of Benson Town and its surrounding areas—Jayamahal, Nandidurga Road, Chinnappa Garden, SK Garden, and Williams Town—are facing a major inconvenience due to an unexpected change in their postal PIN code. For decades, Benson Town has been identified with the PIN code 560046. However, in the past week, residents have started receiving their postal articles with their usual PIN code crossed out and replaced with 560006. This sudden change, with no prior notice or official announcement, has left residents worried about its potential impact on their official documents and daily lives.

Conflicting info adds to confusion

The official India Post website (www.indiapost.gov.in) still lists Benson Town under PIN code 560046. However, staff at the Benson Town post office on Miller's Road now claim it officially falls under 560006, aligning with the JC Nagar post office. This contradicts long-standing records, as official documents, property signboards, and electoral rolls continue to display 560046.

Benson Town post office staff now say it officially falls under 560006, aligned with JC Nagar

> **"Benson Town post office itself has signage that clearly states 560046. These signboards are over 30 years old, how could they have been wrong all this time?"** –Resident

A resident noted, "The Benson Town post office itself has signage that clearly states 560046. These signboards are over 30 years old—how could they have been wrong all this time?"

Adding to the confusion, a building manager in the area was informed by the JC Nagar Post Mistress that Benson Town had always been 560006 and that there was no record of 560046 ever being used. This claim is refuted by the 2023 electoral roll, which mentions 560046 and lists 1,341 electors, a number that should be much higher when factoring in NRIs and unregistered voters.

Ripple effect on official documentation

If the PIN code change is enforced, residents will face a bureaucratic nightmare. A resident stated, "Addresses will need to be updated across critical documents, including Aadhaar cards, PAN cards, bank accounts, income tax returns, gas connections, passports, and more. Any discrepancy in PIN codes could lead to delayed or misplaced mail, affecting everything from official correspondence to online deliveries. If this is the case, all of us will have to go to the trouble of getting our postal address corrected for our residences."

Call for clarity

Residents are now demanding an official clarification from India Post to resolve the issue. They insist that if there is a valid and legitimate reason for the change, there should be a clear and formal notification. However, when BM spoke to the Senior Superintendent of the Post Office, the authorities stated that the PIN code remained unchanged. "There is no issue in mentioning 560046 as 46. The PIN code exists, but deliveries are handled by the JC Nagar post. Both 560046 and 560006 have separate delivery beats. These concerns are from earlier cases. I joined this post in 2022, and currently, everything is running smoothly and perfectly. If anyone faces any issues, they are welcome to file a complaint or approach us for assistance. The Public Relations Officer will guide them. So far, we have not received any such complaints. As someone who also handles complaint files, I have not come across any related issues. If anyone has a concern, they can reach out to us," Bangalore East Division, Senior Superintendent of the Post Office explained.

Watching IPL on bike costs ₹1,500

A motorcycle rider was fined for watching an IPL match on his mobile phone while riding his bike. The rider, identified as Prashanth from Broadway Road in Shivajinagar, was traced after a Twitter complaint included a video of the incident.

A video captures him riding an electric bike through Shivajinagar, eyes fixed on his phone, watching a cricket match. The video soon went viral, drawing the attention of the Shivajinagar Traffic Police, who were tagged by concerned citizens demanding action.

Officers identified Prashanth and called him to the police station, where he was fined ₹1,500 for the violation. "Watching IPL is fine, but not at the cost of road safety—his own and others'. We received a complaint on Twitter and traced him through the vehicle number," said a traffic police official. While Bengaluru's love for cricket is unmatched, officials are urging residents to keep their enthusiasm off the roads.

IPL crowd theft foiled

Security personnel from the Karnataka State Industrial Security Force (KSISF) apprehended two individuals in possession of stolen mobile phones at Cubbon Park Metro Station late last night. The duo was caught during crowd management operations for the IPL fixture at Chinnaswamy Stadium. The suspects, identified as Ayush (12), son of Mithun, and Sanjit (23), son of Paswan, both from Jharkhand, were found carrying seven stolen mobile phones, allegedly taken from cricket fans. They were detained by KSISF personnel and later handed over to the Cubbon Park Police Station for further investigation.

Four killed in highway crash

Four members of a family were killed in a road accident involving their car and a Karnataka State Road Transport Corporation (KSRTC) luxury bus on the Bengaluru-Mysuru Expressway on Thursday, police said.

According to the police, the incident occurred around 11:45 am at the highway exit near Tubinakere.

"The car in which the four were travelling, possibly while trying to exit the highway, seems to have come to a sudden stop. At this moment, a KSRTC Airavat bus approaching from behind collided with the car," Mandya SP Mallikarjun Baladandi said. He added, "One person died on the spot, two succumbed on the way to the hospital, and another passed away at the hospital. It appears that the accident was caused by the car driver applying a sudden brake."

Inspector General of Police (IGP) for the Southern Range, Boralingaiah, said, the deceased were residents of Bengaluru's JP Nagar and were travelling towards Piriyapatna. "The impact of the bus hitting the car was so severe that the vehicle was dragged several metres. A detailed investigation is underway," he said.

Defying HC ban, flexes continue to deface city

Selective crackdown of no use, citizens urge strict enforcement by authorities; activists say BBMP reluctant to act due to fear of antagonising local politicians

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The ban on illegal banners and flexes in the city is being blatantly violated by politicians, religious leaders, and self-proclaimed social activists or youth leaders with impunity. The unchecked competition to deface Bengaluru is both shocking and disgraceful. The reactive approach from ministers and Bruhat Bengaluru Mahanagara Palike (BBMP) authorities is not only frustrating but also deeply concerning.

The BBMP authorities sprang into action when Deputy Chief Minister and Bengaluru Development Minister DK Shivakumar ordered the removal of flexes put up by Youth Congress members and supporters at Palace Grounds last month. Following this, the BBMP Chief Commissioner directed ward engineers to remove illegal banners and flexes across the city. However, the crackdown appears selective, as flexes put up by politicians and community leaders during festivals remain untouched. "There were numerous banners and flexes in and around New Thippasandra for a local leader's birthday. I don't know who stopped the BBMP from removing them, but it's clear they have failed to enforce the High Court's order on illegal flexes and banners," said Basavaraj, a resident.

Criticising BBMP authorities for their inaction against illegal flexes and banners in and around Shivajinagar, V Purushotham, a resident of Annaswamy Mudaliar Road, said, "Illegal flexes and banners are spreading across the city. The BBMP and jurisdictional police are responsible for enforcing the High Court's order, yet they fail to act. I believe the BBMP Chief Commissioner and the police should be held accountable and punished for not taking strict action against those responsible."

Unremoved hoardings continue to deface Bengaluru despite the High Court ban

> **"We have seen accidents caused by illegal hoardings and flexes. Authorities must act decisively to uphold the law and ensure public safety. These illegal displays tarnish Bengaluru's image** – Vinod Jacob, Namma Bengaluru Foundation

GR Mohan, the petitioner advocate in the PIL filed against illegal flexes and banners, has demanded that BBMP authorities and the police strictly enforce the High Court order. "Banners and flexes can still be seen across the city, despite the ongoing case in the High Court," he said.

A resident of Shivajinagar criticised the BBMP authorities for failing to remove illegal flexes and banners or take action against those responsible for violating the ban. "I have learned that BBMP engineers are hesitant to remove these banners and flexes because they fear antagonising local politicians, who put them up under various pretexts," the resident said.

Vinod Jacob of Mamma Bengaluru Foundation expressed concern over the continued presence of illegal flexes and banners across the city despite the ban. "Strict enforcement of the ban is essential, and violators must be prosecuted to maintain a clean and safe environment for citizens. We have seen tragic accidents caused by illegal hoardings and flexes. Authorities must act decisively to uphold the law and ensure public safety. These illegal displays only tarnish Bengaluru's image," he said.

BBMP recovers ₹65.14 crore in pending taxes

The Bruhat Bengaluru Mahanagara Palike (BBMP) has successfully collected ₹65.14 crore in property and service tax from over 30 state and central government buildings, including prominent establishments like Vidhana Soudha and Vikasa Soudha. Bengaluru is home to hundreds of government department buildings, many of which belong to various state and central agencies, with several having pending service tax payments for years. To recover these dues, BBMP introduced a One-Time Settlement (OTS) scheme, allowing government departments to clear outstanding service tax without penalties or interest, provided they made payments by March 31. This initiative led to a significant increase in tax collections.

A BBMP official stated that some government departments also have pending payments from BBMP, leading to a reconciliation process to settle dues. Under the One-Time Settlement (OTS) scheme, major contributions came from key institutions, including ₹18.90 crore from Namma Metro, ₹15.55 crore from ISRO, ₹6.64 crore from Vidhana Soudha and Vikasa Soudha, ₹3.38 crore from MS Building, ₹21.95 lakh from the Police Department, ₹22 lakh from the State Armed Police, ₹1.43 crore from BEML, ₹4.08 crore from the Health and Family Welfare Department, and ₹1.18 crore from VV Tower. Other contributors include the Atomic Institute with ₹92.01 crore, Panchayat Raj with ₹3 lakh, CBEC with ₹2.73 lakh, ESIC with ₹1.64 crore, KPWD with ₹89.56 lakh, the Commercial Tax Department with ₹54.24 lakh, KPCL with ₹3.78 crore, and the Department of Youth Empowerment with ₹1.33 crore. **— BMB**

Metro riders flout rules, priority seats misused

The Metro manners take a hit as violations surge in Namma Metro. Over the past six months, 14,162 cases were recorded of commuters occupying priority seats meant for the elderly, pregnant women, persons with disabilities, and parents with infants. Despite clear signage and basic courtesy, many violated the rules, leaving those in need standing.

Some riders seem to have their own set of travel rules. Playing loud music was the second most common violation, with 11,922 cases of commuters turning the Metro into their personal concert hall. The 'No Food' policy was also ignored, with 554 passengers sneaking in snacks. Additionally, 474 commuters attempted to fit large baggage in Metro's limited space, causing inconvenience.

A BMRCL official said, "Though no fines were imposed, the Security Squad was in full action, issuing stern warnings to offenders. Metro officials urge passengers to follow the rules to ensure a smooth ride or risk facing penalties in the future. So next time you spot an empty priority seat, think twice before grabbing it—because someone might be watching!" **— BMB**

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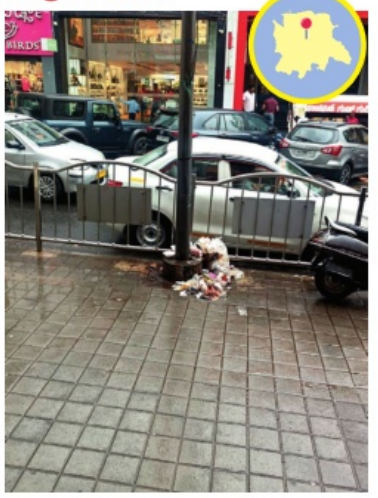

Garbage has been piling up on Brigade Road for the past three days, with no action taken to clear it.

Road neglect
Kengeri

BWSSB has left the main road, 2nd Cross in Kengeri Satellite Town in disarray after excavation, with stones and mud obstructing the footpath near a school for over a month.

Trash trouble
Indiranagar

Garbage overflow at the 17th E Cross junction in Indiranagar, Ward 72, is causing inconvenience and hygiene concerns.

Hats off? K'taka police may switch to peak caps

Cops may soon phase out their British-era slouch hats, with officials set to discuss long-pending uniform upgrade on April 4; this move aims to modernise force's look

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Karnataka Police may soon bid farewell to their British-era slouch hats, embracing a modern yet disciplined look. In a move to blend tradition with contemporary policing needs, the state's top brass is considering replacing the iconic headgear with peak caps. The Director General of Police (DGP) has been tasked with submitting a report on the proposed change, marking a significant step toward fulfilling the long-standing demand of constables. According to ADGP (KSPR Admin) Umesh Kumar, this is the first formal discussion on the matter. The much-anticipated deliberation will take place on April 4, when the Police Kit Specification Committee convenes to weigh in on the transition.

For years, police personnel have voiced their discontent with the slouch hat, deeming it impractical and outdated. The demand for a uniform revamp, shedding remnants of the British era, has been a persistent call from the force, seeking a blend of tradition and modern comfort. At the same time, came the warning of the Union Health Ministry about the impact on the health of Police personnel due to the design of the slouch-shaped hat. Despite multiple discussions, the demand for a peak cap has remained unfulfilled, with previous debates stalling due to logistical challenges.

"The current hat design traps heat, causing discomfort and sweating despite a ventilation hole, increasing health risks"

Hat no longer fits the role

Seven years ago, in 2018, a similar demand was raised to redesign the police hat. However, the proposal came at an inconvenient time, as lakhs of slouch hats were already manufactured and ready for dispatch. Implementing changes at that stage would have resulted in financial losses, leading to the proposal being put on hold.

During British rule, the police uniform consisted of a khaki shirt, knickers, a headgear, and black shoes. After India gained independence, the uniform changed, with khaki trousers replacing knickers and a turban in blue and red hues becoming part of the attire.

A Head Constable explained, "The current slouch hat worn by police personnel often proves impractical, as it does not fit securely and becomes difficult to manage during field duties such as rallies, protests, riots, and lathi charges. There have been instances where the hat has fallen off, creating risks in tense situations. Since a policeman without a hat is considered 'disrespectful,' many officers have been advocating for a change from slouch cap to peak cap."

A police official stated, "The current hat design traps heat, causing discomfort and sweating despite a ventilation hole, increasing health risks during prolonged outdoor duties in extreme weather."

Additionally, Head Constable added, "The hat is cumbersome during high-intensity situations such as protests, rallies, and crime-chasing operations. Many officers believe the slouch hat doesn't suit the police uniform. Adopting a peak cap in a different colour, like Tamil Nadu police, would be simpler and give a modern look."

Decision on the horizon?

Police forces in Tamil Nadu, Andhra Pradesh, Kerala, and other states have already transitioned to peak caps, leaving Karnataka's constables among the few still using the outdated slouch hat. In response, DG & IGP Dr Alok Mohan has asked officials to consider the demand seriously and submit a detailed report on the potential switch.

The April 4 meeting, chaired by the Additional Director General of Police Dr Alok Mohan, Karnataka State Reserve Police (KSRP) ADGP Umesh Kumar, is expected to be a turning point in the debate. Senior officers will discuss further regarding introducing peak caps.

For Karnataka's constables, the meeting brings renewed hope that their request will finally be acknowledged. While the historical significance of the slouch hat is undeniable, the changing demands of modern policing necessitate practical updates to uniforms. If the peak cap is approved, it will mark a significant step in improving both the comfort and efficiency of the state's police force.

Woman abducted, raped near rly station

A 19-year-old migrant woman from Bihar was abducted and assaulted in a secluded area while searching for food with her brother near a railway station in Bengaluru early Thursday.

Police reports state that the victim and her family traveled from Banka district in Bihar to Kattappana village in Kerala a month ago for work in cardamom fields. As the season ended, they planned to return to Bihar. On April 1, they sought guidance at Ernakulam railway station and were advised to travel via Bengaluru. The victim's brother, who resides in Bengaluru, asked them to disembark at KR Puram railway station.

The family boarded a train in Kerala on April 1 at 9 am and arrived at KR Puram railway station at 1:13 am on April 2. As the family waited at the station, the victim and her brother set out towards Mahadevapura in search of food. Around 1:30 am, they were confronted by two men, who attacked the victim's brother before dragging her to an isolated spot, where one of them raped her.

Despite the attacker's attempts to silence her, the victim managed to scream for help, alerting nearby residents. Locals rushed to the scene, caught one of the accused, and thrashed him before handing him over to the police. Following his interrogation, another suspect was arrested. One of the accused has been identified as Asif. The accused, hailing from Mulbagal, were found to be working as auto drivers.

The Mahadevapura police have registered a case under multiple sections of the Bharatiya Nyaya Sanhita, including Sections 115 (2), etc.

BM Food & Night Life

Advertorial Promotional Feature

Crunch without guilt

We all have guilty pleasures when it comes to food, and it's always things that are bad for us. We tell ourselves it's just this once, just one bite, but we know it won't stop at a single chip or a tiny piece of chocolate. So, what's the better approach?

Drop the potato

Find yourself craving some salty, deep-fried potato chips or French fries? Go green instead, and pick up some kale or even our desi karela chips. They're just as crunchy and delicious and so much better for your tummy and skin than deep-fried potatoes.

Cap the Cola

It's blazing hot, and you're on the move when thirst strikes. Instead of reaching for a sugary soda, try a healthier alternative. Fill a jug with sliced cucumbers, lemon, mint leaves, and ginger, then top it with cold water. Keep it in the fridge for up to 24 hours and sip throughout the day to stay cool and refreshed. – Femina

Flood crisis: 209 areas in Bengaluru are vulnerable

Despite spending crores of rupees on flood prevention, BBMP fails to clear 1,682 illegal structures blocking storm water drains, putting citizens at risk ahead of monsoon

Sridhar.Vivan
@timesofindia.com
TWEETS @sridharvMIRROR

BBMP has identified 209 flood-prone areas across Bengaluru, classifying them into highly sensitive and moderately sensitive zones. The civic body has allocated crores of rupees for flood prevention work. Of the 209 locations, flood mitigation projects have been completed at 163 sites. However, each monsoon season sees new areas being added to the list of vulnerable zones.

Bengaluru is once again at risk of severe flooding due to the inaction of the Bruhat Bengaluru Mahanagara Palike (BBMP) in clearing encroachments on storm water drains. Despite repeated warnings and past incidents of urban flooding, the civic body continues to drag its feet on the issue.

File photo of a area in city inundated during the monsoon

Encroachments blocking water flow

The city has a network of storm water drains spanning 859.90 km, designed to channel rainwater into lakes and valleys. However, rampant encroachments have significantly disrupted the natural flow of water. In several areas, land grabbers have even altered the original course of the drains, leading to water stagnation and flooding during heavy rains.

While BBMP officials are responsible for ensuring a smooth flow of rainwater, they have failed to act due to pressure from influential encroachers. The usual response is to announce eviction drives only during extreme weather events, creating a temporary illusion of action.

> **"BBMP has spent crores of rupees to desilt nearly 500 km of storm water drains. However, on the ground, there is little evidence of actual desilting** –Suresh Gowda, civic activist

1,682 encroachments yet be cleared

With the monsoon approaching, there is little evidence that BBMP is taking proactive steps to prevent flood-related disasters. Last month's heavy rains caused severe waterlogging in several areas, inundating low-lying homes and leaving residents struggling. Tragically, a three-year-old child lost its life after a tree branch fell due to strong winds. Yet, authorities remain indifferent.

Out of 4,316 encroachments identified within BBMP limits, only 2,634 have been removed so far, covering a total area of 293.12 acres. However, 1,682 encroachments remain, with 196 cases currently tied up in legal proceedings.

In 2016, after a major urban flood, BBMP deployed bulldozers and heavy machinery to demolish illegal structures built on storm water drains. However, when influential individuals were found to be involved in these encroachments, the clearance drive was abruptly halted. Nine years later, the eviction process remains sluggish.

Mystery surroundings desilting works

Activists also question the effectiveness of BBMP's desilting efforts. Civic activist Suresh Gowda said, "BBMP has spent crores of rupees to desilt nearly 500 km of storm water drains across the city. These works have been divided into multiple contract packages. However, on the ground, there is little evidence of actual desilting. The sounds of JCBs at work are rarely heard, and the whereabouts of the removed silt remain unknown."

Lack of legal action against encroachers

The revenue department is responsible for coordinating efforts to protect storm water drains and prevent further encroachments. The government has issued standard operating procedures (SOPs) for eviction drives. However, cases against encroachers are not being consistently filed in land-grabbing courts. Special commissioners, who are responsible for issuing eviction orders, often cite bureaucratic delays as an excuse for the slow pace of action.

₹2,000-crore plan for drain development

Meanwhile, the Karnataka government has granted administrative approval for a ₹2,000 crore project to develop 179 km of storm water drains within BBMP limits. This initiative is part of the World Bank-assisted Karnataka Urban Water Security and Disaster Resilience Program. The state cabinet has approved the plan, with implementation overseen by Urban Development Department. It includes building retaining walls along 179.90 km of storm water drains in outer zones such as Yelahanka, Mahadevapura, Bommanahalli, Rajarajeshwari Nagar, and Dasarahalli; 80 km of dilapidated drain structures in the eastern, western, and southern zones will be repaired and redesigned. "To prevent unauthorised construction near storm water drains, the BBMP has also proposed building roads along a 300 km stretch of buffer zones adjacent to major drains," a BBMP official said.

Shiradi Ghat woes worsen

Thousands of travellers from Bengaluru to the coastal cities of Mangaluru and Udupi continue to have a harrowing time as the Shiradi Ghat section of National Highway 75 remains in a dire state. Ongoing repairs and frequent landslides have worsened travel woes, raising serious concerns among commuters.

Authorities have set a July deadline for completing the work, but the current pace suggests it may take longer. Despite previous efforts to stabilise the stretch with retaining walls and bolted netting, the road remains hazardous. With the monsoon approaching, further delays could lead to major traffic disruptions and safety risks.

Frustrated travellers are demanding urgent intervention, fearing the highway could become impassable during the rainy season. Officials have assured timely action.

"We are closely monitoring the Shiradi Ghat road work and have set a July deadline. Every effort is being made to ensure the stretch is safe and accessible before the monsoon intensifies," said Hassan Deputy Commissioner Satyabhama. **–BMB**

BJP leaders detained

Senior BJP leader BS Yediyurappa and several other party leaders in Karnataka were taken under preventive custody on Thursday when they took out a march to lay siege to Chief Minister Siddaramaiah's Office residence in the city.

BJP state president BY Vijayendra and Leader of Opposition in the Karnataka Assembly R Ashoka were among the MLAs taken into custody.

The party on Wednesday started the day and night protest at the Freedom Park against the price rise and other issues and they started march towards CM's residence. The protesters burned an effigy of the leaders. **–BMB**

Commuters, riders worried as HC puts brakes on bike taxis

The High Court issued a directive on Wednesday, mandating app-based ride-hailing services to discontinue their bike taxi operations within six weeks. While the move has brought relief to auto rickshaw drivers, who have long viewed bike taxis as rivals cutting into their income, commuters are worried about the impact on affordable transport options. Company executives have indicated they are considering an appeal against the decision.

Justice BM Shyam Prasad ruling stipulated that bike taxis must cease operations until the state government formulates regulations under Section 93 of the Motor Vehicles Act, 1988. The ruling came in response to petitions from Rapido, Uber India, and Ola, which had sought aggregator licenses and registration for their bike taxis as transport services. The state government had previously restricted bike taxi services in July 2021, prompting companies to file court petitions in opposition. While the case was under consideration, the High Court had temporarily restrained authorities from taking action against these platforms.

In Wednesday's ruling, Justice Shyam Prasad granted platforms a six-week window to halt operations, directing the government to ensure compliance after this period. Although central government regulations permit bike taxi operations, individual states have the authority to decide their legality, as transportation falls under state jurisdiction.

"Bike taxis play a crucial role in addressing first- and last-mile connectivity issues in Bengaluru, particularly concerning metro services, as the network is yet to expand widely across the city. Opting for an auto rickshaw is not financially viable for many, especially with the recent metro fare hike and the broader issue of inflation. The ban will significantly affect white-collar workers and students," said a working professional from BTM Layout, who regularly commutes via the metro from JP Nagar and relies on bike taxis for economical first- and last-mile transport. An auto rickshaw driver, speaking to Bangalore Mirror, pointed out that concerns about passenger safety have previously been raised regarding bike taxis. "There have been cases of sexual harassment and safety issues for pillion riders that have gone unaddressed. The way these companies recruit riders and handle grievances needs serious reform. At the same time, the government must consider that bike taxis pose stiff competition to auto drivers, even though we are tax-paying, law-abiding citizens," he said.

> **"The government must consider framing a strict regulatory framework instead of abolishing bike taxis entirely, as thousands are relying on it for a living** –Bike taxi rider

During the court proceedings, Rapido, one of the leading bike taxi operators, highlighted its significant role in Karnataka's transport sector, stating that it has over 10 lakh bike taxi riders and facilitates approximately 20 lakh weekly rides.

Bike taxi riders are now anxious about their future. A rider who has been working for over a year said, "The government must consider framing a strict regulatory framework instead of banning bike taxis altogether. Thousands of us rely on this for our livelihood, and many have financial commitments to meet. If they must discontinue the service, they should at least offer support to help us find alternative means of earning."

In a related development, Karnataka had introduced an electric bike taxi scheme in 2021, but it was withdrawn last year.

Despite being the first state to implement a dedicated electric bike taxi policy, officials noted that there was little response from platforms. While several EV startups had expressed interest, they ultimately did not apply for licenses.

HEALTH TIP: Eggs, a complete source of energy, provide high-quality protein along with essential vitamins and minerals

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IT IS D VITAMIN

Nutrient builds bones, keeps gut sealed. What happens when kids are deficient?

You've likely heard about vitamin D's important role in maintaining strong bones and teeth. But it also plays several other important roles to keep your body healthy – including the function of your gut.

As part of our research on how a dietary fiber supplement affects bone mass in children and adolescents, the MetA-Bone Trial, we are also studying gut health.

For this study, we recruited 213 children and adolescents from South Florida, primarily Hispanics, though some were Black. Before having them start taking the fiber supplement, we measured their vitamin D levels to ensure they had adequate amounts. Surprisingly, we found that 68% of these children had suboptimal vitamin D levels.

Considering South Florida is an area with plenty of sunshine year-round, this was both startling and concerning. While vitamin D can be obtained from foods, most people in the U.S. get this vitamin primarily from skin exposure to sunlight. For youth approaching or experiencing puberty – a period of profound physiological changes, including rapid changes in bone mass – vitamin D deficiency could lead to several health issues.

Connection between vitamin D and health

Vitamin D is involved in so many bodily functions because there are vitamin D receptors in different organs. These receptors act like docking stations for vitamin D to bind to and trigger different effects in the skin, intestine, bone, parathyroid gland, immune system and pancreas, among others.

Vitamin D regulates calcium levels in the body, which is key for not only building and maintaining bone mass but also the basic functioning of the nervous system.

Vitamin D also stimulates cell differentiation, a process in which cells become specialized to carry out specific functions. It is also essential to insulin secretion to control blood sugar levels, blood pressure regulation, muscle repair and regeneration, immune function and nutrient absorption, among many other functions.

Vitamin D and gut health

The vitamin D receptors in your gut improve calcium absorption and strengthen your intestinal barrier.

The intestinal barrier is a layered wall that allows your gut to absorb nutrients and keep out harmful bacteria. This wall is composed of intestinal cells and proteins called tight junctions that act like bricks sealing these cells together. Tight junctions play an important role in maintaining the structure of your intestinal barrier.

Vitamin D receptors help your gut produce tight junctions to maintain your intestinal barrier. Research suggests that vitamin D deficiency reduces production of the receptors the nutrient binds to, subsequently reducing the seal of the intestinal wall. This weakening of the gut barrier may allow substances from the intestine to pass into the blood, causing inflammation. Disruption of the intestinal barrier is linked to many diseases, including liver disease, Type 1 diabetes, obesity and gastrointestinal conditions such as celiac disease, inflammatory bowel disease and colon cancer.

After discovering that so many of the participants in our MetA-Bone Trial had suboptimal vitamin D levels, we became interested in understanding how this nutrient might be affecting their gut health. For this, we also measured the strength of their intestinal barrier and associated this to their vitamin D levels in blood.

We found that children with suboptimal vitamin D levels had a higher risk of damaging their intestinal barrier compared with children with optimal vitamin D levels. This finding suggests that even in healthy children, suboptimal levels of vitamin D may compromise the gut and potentially increase the risk of developing chronic diseases at an early age.

Getting enough vitamin D

Vitamin D deficiency is highly prevalent in the U.S. and around the world. Roughly 15.4% of children and adolescents in the U.S. were vitamin D deficient in 2017. While vitamin D deficiency has slightly decreased over time in the general U.S. population, it remains high among teens, especially children with darker skin.

How can you ensure you are getting enough of this important nutrient?

Only a few foods naturally contain vitamin D. For example, vitamin D is naturally found in fatty fish – such as trout, salmon, cod and tuna – egg yolks and mushrooms. Vitamin D can also be found in many fortified foods, such as dairy products like milk and cheese, plant-based milks, breakfast cereals, some orange juice brands and infant formulas. Dietary supplements are also good sources of vitamin D.

For most people in the U.S., Sun exposure is their main source of vitamin D. However, how much Sun exposure you need depends on several factors, such as the melanin content of your skin. Melanin is a pigment that protects your skin from ultraviolet radiation. People with more melanin – and therefore darker skin – produce less vitamin D from Sun exposure than those with less melanin and may thus require longer Sun exposure to meet minimum requirements.

Since excessive ultraviolet radiation is associated with skin cancer, clinicians typically recommend you meet your vitamin D requirements through foods and beverages. For healthy children and adults, the recommended dietary allowance of vitamin D is 600 IU, with an age-based upper limit of no more than 1,000 to 4,000 IU. You can usually meet this through a healthy diet that includes a variety of whole and unprocessed foods.

Researchers continue to uncover the extensive benefits of vitamin D in the body, supporting its indispensable role in nutrition and health. For growing children and adolescents, enough vitamin D is important for healthy development.

(Jacqueline Hernandez and Cristina Palacios, Florida International University, The Conversation)

All you need to know about...

Heart failure

Cognitive decline
People with heart failure are likely to experience a significant decrease in cognitive abilities like attention and problem-solving, according to a study on Thursday.

Comparative study
Researchers from the University of Michigan, US examined the cognitive abilities of nearly 30,000 adults over time, comparing those who did and did not develop heart failure.
The researchers found heart failure is associated with a significant decrease in cognition at the time of diagnosis.
Global cognition and executive functioning also declined more rapidly over the years after heart failure diagnosis.
The team found that people with the condition mentally aged the equivalent of 10 years within just seven years of a heart failure diagnosis.

Doesn't go away
"Heart failure is a disease that never goes away and treating it relies heavily on a patient's ability to follow specific instructions, monitor their symptoms, and keep up with many different medications," said Supriya Shore, first author and clinical assistant professor of internal medicine-cardiology at University of Michigan Medical School.
"Seeing this cognitive decline among patients, and how it worsens over time after a diagnosis of heart failure, should be a warning for providers to assess a patient's cognitive ability early and factor it into the care plan," she added.
Notably, the study, published in the journal Circulation: Heart Failure, showed that the typical risk factors for cognitive impairment, such as high blood pressure and heart attack, did not explain the accelerated decline observed in the participants with heart failure.
Globally, an estimated 64 million people suffer heart failure. Monitoring these people, although complex, may prevent cognitive decline in adults, said the team. —IANS

Snake rescue is no game, folks

CONTINUED FROM PAGE 1

or other rescuers have received. City-based wildlife experts say the snake rescue racket is at its peak with summer approaching. According to Ahmad, the number of unauthorised snake handlers in the city is much more than the number of rescue calls.

With so many untrained hands carrying out rescue operations daily, snakes are at the receiving end.

From pouring gasoline to flush snakes out of holes to trapping them in plastic bottles and using tongs, hooks and other dangerous tools to catch the snakes in the name of rescue, experts say the untrained snake rescuers are not only harming the reptiles, but also creating an unsafe environment for humans by releasing snakes in unsuitable habitats.

People for Wildlife Hospital (PfA), a certified wildlife rescue and rehabilitation centre, says it has rescued 847 snakes of various species over the last year. Among these were 434 cases of Spectacled Cobra, 43 cases of Russell's Viper rescue, 2 Rock Python, and 1 Common Krait, among others. However, the centre has also been receiving calls indicating organised snake rescue rackets operating in and around the city.

"Snake handlers release non-poisonous snakes inside residential societies and place themselves in proximity so they can carry out rescue operations by charging a considerable sum. We have also received complaints of people falsely pretending to be PFA rescuers," said Dr Colonel Nawaz Shariff, chief veterinarian, PFA Wildlife Hospital.

PfA currently has eight experienced and trained snake rescuers.

Herpetologists and conservationists say that since the number of snake rescue cases is increasing in and around the city due to habitat destruction, BBMP should consider strengthening the team of snake rescuers and providing them with badges and ID cards.

BBMP snake rescue team below strength

Currently, BBMP has eight certified snake rescuers for the entire city. According to the officials, eight more rescuers would soon be added to the existing team, owing to the high volume of rescue calls.

"We will soon be bringing in eight trained snake rescuers to the team due to the high volume of snake rescue calls with the onset of summer. We are aware that many snake rescue cases in the city are being conducted by unauthorised rescuers. We have been warning them of strict action and have also registered a few cases," said BLG Swamy, Deputy Conservator of Forest, BBMP.

KFD certification program for snake rescue

After complaints of multiple botched snake rescue operations by unskilled snake handlers, the Karnataka Forest Department (KFD), in 2022, came up with an operation manual for snake rescue along with a periodic certification program for snake handlers.

In October that year, the department drafted an operational manual to effectively mitigate human-snake conflict. The idea was to institutionalise the process and make it compulsory for the handlers to seek a certificate from the department.

The first training in the series was held in June last year at Bannerghatta Biological Park. Training was given by experts on various aspects of snake rescue, such as situations that warrant a rescue, protocols for the safe handling of snakes, strategies for community engagement, knowledge of the latest developments in taxonomy, herpetological science, and snakebite management

As per KFD's manual, any individual who wishes to be involved in the rescue of snakes should mandatorily undergo the certification and assessment program every two years.

KFD's certification spans 4-5 days and covers essential topics such as crowd management, understanding snake conflict, humane snake handling practices, snakebite management, recognizing the need for snake rescue, understanding snake biology and ecology, among other relevant topics essential for any snake rescuer to know about.

Upon successful completion of the certification program, the office of the Chief Wildlife Warden may issue a time-bound, division-bound licence to the rescuer, subject to the best practices being followed as prescribed in this document. If any rescuer is found not following any of the practices outlined in the manual, they shall be subjected to stringent action under relevant sections of the Wildlife Protection Act, 1972, and revocation of the permission to rescue snakes.

Once rescue permission is revoked, the rescuers will not be eligible to undergo the certification and obtain permission for one year.

The manual also states that snake rescue by an individual or organisation without completing the certification and assessment as described in the KFD manual will be considered a violation of Sections 9 and 12 of the Wildlife Protection Act, 1972.

However, sources in the department say only one training session has been organised so far.

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CHANGE OF NAME

CHANGE OF NAME
I, **Anitha V**, r/at No. 56, 1st Cross, Pappaiah Garden, Total Gas, Basaveshwara Nagar, Bangalore 560079 have changed my name to **ANITA VIJAYAN** for all future purposes vide affidavit dt. 25.03.2025 sworn before Notary Mahesha J J, Bangalore

I, VIJAYATHA MAHENRAKAR, W/o Amrith Kiran Shetty, R/o Villa 13, SLS Spencer, Horamavu, Agara Horamavu Village, Bengaluru – 560043, have changed my name as VIJAYATHA MAHENDRAKAR, vide affidavit dated 20.03.2025, sworn before notary Thippeswamy. T, Bengaluru.

I, MOHAMMED MOKARRAM SAJID residing at #403, JASS APARTMENT #41, 2nd Cross Mango Garden Layout Near Delhi Public School South Campus Bangalore – 560061. I have changed my name to MOHAMMED MUKARRAM SAJID. Vide affidavit dated sworn before notary Mohammed Hussain K Bangalore.

I, SABHAGANI PRIYANKA KAMAL MEETA, D/o Kamal Sawaldas Sabhagani, R/o AB23, Jain Heights Altura Sarjapur Main Road, Kaikondrahalli, Bengaluru – 560037 have changed my name as PRIYANKA KAMAL SABHAGANI, vide affidavit dated 02.04.2025, sworn before notary S. Subashini, Bengaluru.

I, MANI DEVI, W/o Narayan Lal Salvi, R/o Flat No. A804 Vajram Esteva Apartment Near Icon Premier Hotel Devarabisanahalli, Bengaluru – 560103, have changed my name as MANI SALVI, vide affidavit dated 03.04.2025 sworn before notary S. Subashini, Bengaluru.

I, NARAYAN LAL, S/o Punj Mal Salvi, R/o Flat No. A804 Vajram Esteva Apartment Near Icon Premier Hotel Devarabisanahalli, Bengaluru – 560103, have changed my name as NARAYAN LAL SALVI, vide affidavit dated 03.04.2025, sworn before notary S. Subashini, Bengaluru.

I, Sanny Koushik S/o Rajendra R/at No.1484/23, 4th 'C' Main, 11th 'B' Cross, 2nd Stage, Nagapura, Mahalakshmipuram, Bengaluru-560086 have changed my name to Sunny Koushik Rajendra vide affidavit dated: 02.04.2025 before notary B.M Chandrashekar, Bangalore.

I, Sharad Kumar Goyal R/o A-005 Greencity Eutopia BTM layout 2nd stage Bangalore-560076 have changed my son's name from Jaivardhan Sharad Goyal to Jaivardhan Goyal for all purposes.

I, Thresia Antony Muttath D/O, M J Antony R/o D/o Late Mj Antony, Flat No 206 Manya Mansion, Kanshiramnagar, Vidyaranyapura, 560097 have changed my name to Thresia Antony for all purposes.

I, Mohini Sanjaykumar Agnihotri w/o Ruben Makhija residing at No 398, Aikya 3rd Floor, 7th Main, JP Nagar 3rd Phase, Bangalore -560078 have changed my name to Mohini Agnihotri for all Purposes.

I, Bibi Jan Sarvar Pasha W/O, Sarvar Pasha R/o No 76 2nd Floor, 4th Main Hebbal Mill Road, Ganganagar Extn, Bengaluru 560032 have changed my name to Bibi Jan for all purposes

I, Ambika D/O, Mani R/o #1277 W/o Abdur Rahman 2nd Main Road 3rd Cross Kushal Nagar, Kg Halli Bangalore. 560045 have changed my name to A. Mariam for all purposes.

I, Mahesh Ramaiah, residing at H804, NCC Meadows 2, Puttenahalli, Yelahanka, Bengaluru-560064 have changed my minor daughter name from AADHYA MAHESH RAMAIAH to AADHYA MAHESH, vide affidavit dt: 02.04.2025 before notary G R Ravichandra, B.lore

I, Mukhtiar Ahmed Shariff S/o Gafoor Shariff. R/o No 32/1, Shivajinagar Haines road, Nehrupuram Bangalore 560001 have changed my name to Mukthar Shariff for all purposes

CHANGE OF NAME
I, **BHAGYA** W/O PARAMESHA P N. aged about 47 years, residing at Ward No.14, #29, Byraveshwara Nilaya 2nd cross, Behind Girls College Nehru extension, Malur, Kolar District, Karnataka-563130. My name is wrongly entered as PARAMESHA BHAGYA instead of **BHAGYA T** in my passport no.: K2128667. Same as been sworn before Maaruth Vijay, Advocate & Notary, Malur on **02/04/2025** for all the purpose.

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SINGAPORE MALAYSIA THAILAND 11 DAYS
Apr: 20. May:19 June: 7
BANGKOK PATTAYA 5 DAYS April:27 May: 26 June; 13
ANDAMAN 6 DAYS April: 11 May: 8
SRI LANKA 7 DAYS April: 16 May: 13
BHUTAN 8 DAYS May: 8
NEPAL 7 DAYS May: 20
VIETNAM 8 DAYS May: 8
BALI 6 DAYS May: 3

CLOSERHOME

Gig Workers Act soon

Karnataka Chief Minister Siddaramaiah on Thursday met Congress leader and Leader of the Opposition in Lok Sabha Rahul Gandhi at his Delhi residence to discuss the implementation of the Gig Workers' Welfare Act, as promised during the Bharat Jodo Yatra and elections.

The meeting was also attended by Ministers Santosh Lad, Priyank Kharge, and M B Patil.

Key decisions from the meeting include decisions on the Gig Workers' Welfare Board, Funding Mechanism and Legislation.

The Karnataka government has decided to establish a Gig Workers' Welfare Board to ensure the well-being of workers employed by companies like Amazon, Flipkart, Ola, Uber, and others.

A five per cent cess will be collected from concerned companies, while the remaining required funds will be provided by the state government to support welfare schemes for gig workers.

A comprehensive bill covering all aspects of gig workers' welfare will be prepared and presented before the state cabinet for approval. **ANI**

HC denies relief for X Corp

The Karnataka High Court on Thursday denied the interim relief sought by the Elon Musk-owned X Corp against the Central government's Sahyog portal blocking mechanism.

The Bench headed by Justice M Nagaprasanna passed the order in this regard and adjourned the further hearing on the matter to April 24.

The Sahyog portal has been developed to automate the process of sending notices to intermediaries by the appropriate government or its agency under IT Act, 2000 to facilitate the removal or disabling of access to any information, data or communication link being used to commit an unlawful act.

Senior counsel KG Raghavan representing X Corp pleaded the High Court for relief in this regard by submitting that it fully intends to abide by the India law. However, X maintained that, the new-content blocking mechanism under the Sahyog portal is legally flawed.

The bench noted that the government of India has already made a submission that there is no necessity for the X Corp of coercive action and refused to grant the interim relief in this regard. The bench stated that there is no need for further interim order. **PTI**

Jeweller linked to Rs 40-cr gold smuggling: DRI

The Directorate of Revenue Intelligence (DRI) said jeweller Sahil Sakariya Jain played a key role in assisting Kannada actress Harshavardhini Ranya, also known as Ranya Rao, in disposing of 49.6 kg of smuggled gold worth Rs 40.14 crore.

According to the DRI's remand note, Jain not only helped facilitate the illegal transaction but also abetted Ranya in hawala money transfers linked to the smuggling operation.

Jain, a jeweller by profession, was arrested on March 26 for assisting Ranya in the gold smuggling case.

He has been remanded to judicial custody until April 7.

Jain not only helped Ranya in allegedly disposing of the gold but also appeared to have facilitated Hawala money transactions.

"It appears that he (Sahil Jain) assisted and abetted Accused No. 1 (Ranya) in disposing of approximately 49.6 kg of gold worth Rs 40,13,59,374.

He has also admitted to aiding A1 in transferring Hawala money amounting to around Rs 38,39,97,000 to Dubai and Rs 1,73,61,787 to A1 in Bengaluru," the DRI stated. **PTI**

Tariff ripples on India

27%: Tariff by US on all goods imported from India

Exceptions: Pharmaceuticals, semiconductors, energy and certain minerals not available in the US

Title: Trump called India one of the "worst offenders" of unfair trade practices.

Will be hit: Export of products such as shrimp, carpet, medical devices and gold jewellery to the US

Will gain edge: Exports of electronics, textiles, and pharma will get an edge over its competitor countries

Exemption of energy from the tariffs would also mean that India can continue to export fuels like gasoil and gasoline to the US.

25%: Contribution of goods that were exempted from the tariffs of the total exports from India to the US

10 per cent to **50** per cent on imports: Additional ad valorem duties ranging

The baseline duty of **10** per cent will be effective on India from April **5** and an additional **27** per cent from April **9**

—(Source: PTI)

Virat looks fine, there's no worry, says RCB head coach Andy Flower

Andy Flower, the head coach of Royal Challengers Bengaluru (RCB), said talismanic batter Virat Kohli looked fine despite suffering a finger injury while fielding against the Gujarat Titans in IPL 2025 and added that there was nothing worrisome about him.

In the 12th over of GT's chase of 170, Kohli tried to prevent a boundary in the deep, but hurt his finger in the process, as the ball went for a boundary. With Kohli grimacing in pain, it meant

the RCB physio came out and looked to treat the talismanic batter. Though Kohli left the field, pain in his finger continued to bother, even as GT won the match by eight wickets. "Virat (Kohli) looks fine, he's okay, there's no worry," said Flower at the conclusion of the match.

In their homecoming at the M Chinnaswamy Stadium, RCB were rocked by Mohammed Siraj's 3-19, who the side let go of after a seven-year stint. "The toss was reasonably important, as there was quite a bit of dew, we knew that. The ball did grip off the seam in the first innings, it was fairly important. "It wasn't a typical Chinnaswamy wicket, where you expect the ball to come a lot quicker. That's not the reason for the result, they played better than us today, Siraj bowled really well.

"Siraj bowled an outstanding spell with the new ball; his lines were good, his lengths were tight, and he threatened the stumps a lot, so good on him. We all rate Siraj very highly, of course, and we love Siraj. I think we had a good auction and put a good squad together, I wish Siraj all the success in the world," said Flower.—**IANS**

AROUNDTHEWORLD

DOGE it, Musk to stay 'adviser'

Billionaire Elon Musk will remain a friend and adviser to U.S. President Donald Trump and Vice President JD Vance, even after he leaves his role with the Department of Government Efficiency, Vance said in an interview with Fox News on Thursday. Politico and ABC reported Wednesday that Trump had told members of his Cabinet that Musk will soon depart and return to the private sector, although it was not clear if Musk would leave before his 130-day mandate as a special government employee expires around late May.

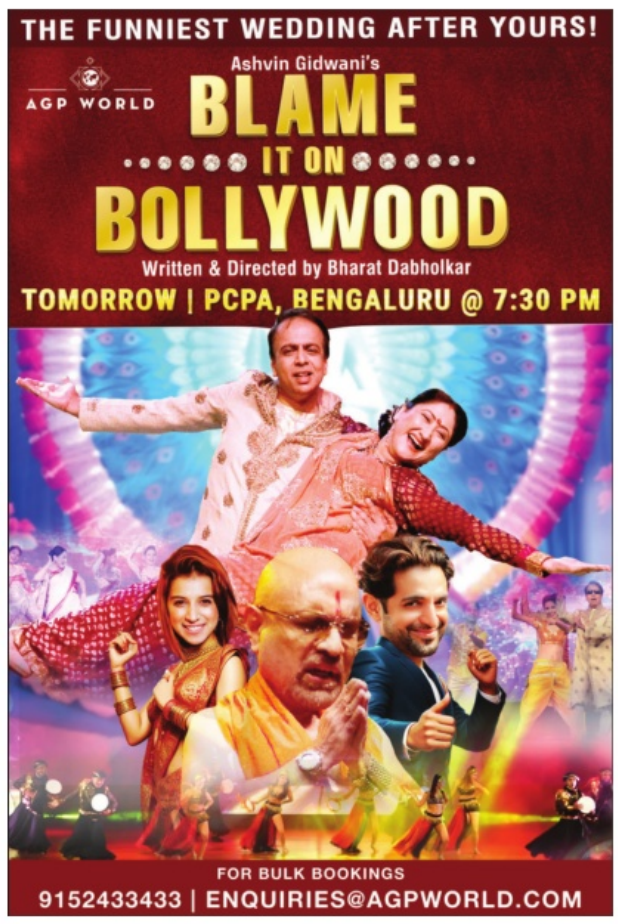
"DOGE has got a lot of work to do, and yeah, that work is going to continue after Elon leaves. But fundamentally, Elon is going to remain a friend and an adviser of both me and the president," he said. **Reuters**

US missing, China to the rescue

After a 7.7 magnitude earthquake shook Myanmar on Friday, killing more than 2,800 people, international rescuers rushed into the devastated Southeast Asian country. The most ubiquitous among them have been Chinese relief workers, whose blue and orange uniforms appear across videos circulating on social media. The posts are often accompanied by expressions of gratitude toward Beijing, whose first responders – as well as their Indian and Russian colleagues – have pulled dazed survivors and bodies out of the rubble of hotels, schools, and monasteries. The reaction marks a change in the negative reception China often receives because of its support for the junta. America's chief geopolitical rival has so far pledged to deliver 100 million yuan ($13.76 million) worth of supplies. **Reuters**

Trump leaves markets shaken

Financial markets around the world are reeling Thursday following President Donald Trump's latest and most severe set of tariffs, and the U.S. stock market is taking the worst of it so far. The S&P 500 was down 4.3% in morning trading, more than other major stock markets, and it's on track for its worst day since COVID shattered the global economy five years ago. The Dow Jones Industrial Average was down 1,538 points, or 3.6%, as of 10:55 a.m. Eastern time, and the Nasdaq composite was 5.6% lower. Little was spared in financial markets as fear flared globally about the potentially toxic mix of higher inflation and weakening economic growth that tariffs can create. Everything from crude oil to Big Tech stocks to the value of the U.S. dollar against other currencies fell. **AP**



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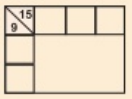
@BangaloreMirror

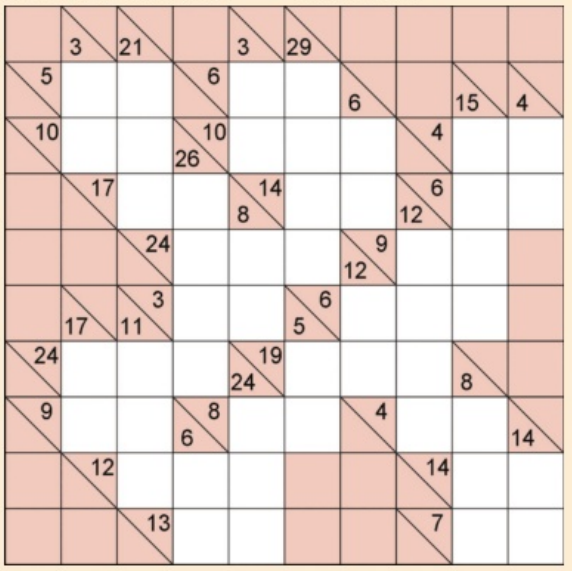
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

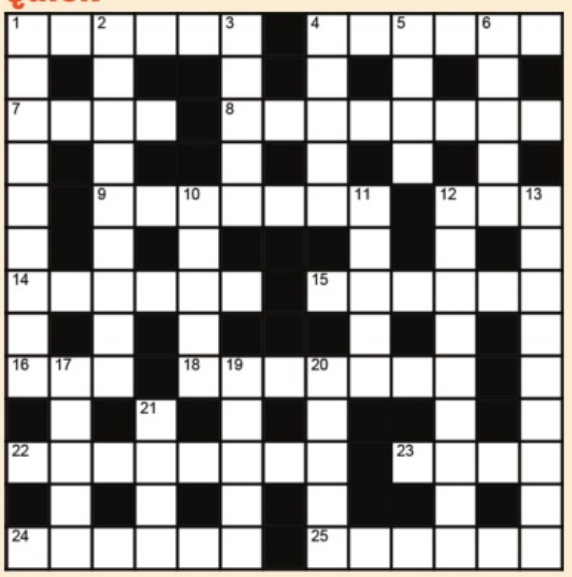


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Had words (6)
4 Achieve (6)
7 Not at all cruel (4)
8 Destined to suffer bad fortune? (3-5)
9 Disappointment (3-4)
12 Wily and cunning (3)
14 Entices (6)
15 Sewers (6)
16 Bond creator Fleming (3)
18 Enforces compliance with (7)
22 Cloudy (8)
23 A shallow river crossing (4)
24 Strikes lightly (6)
25 Verbally (6)

DOWN

1 River that crosses paths with the South Pennar river at Nandi Hills (9)
2 Well-bred persons? (9)
3 Desiccated (5)
4 Permit (5)
5 Serving plate (4)
6 Perfect (5)
10 Ice cream flavour ___-frutti (5)
11 Authoritative standards (5)
12 Jam cake (5,4)
13 Beatles sang this song-on Sunday no it would be Saturday! (9)
17 Blacksmith item (5)
19 Grumbles (5)
20 Bone prefix (5)
21 Clapton of music (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS G

XRG TYXADF RXH IXRSATG HYG IONLQRP SXO DQSG EQHY GRFXOTGJGRH XS QH.

Linemaro

Are you a campfire? Because you are hot

Mindchow

Every accomplishment starts with the decision to try

Joke of the day

Why Udurwana was absent for his marriage: As it was a registered marriage, he was waiting at the post office for the bride

Loop

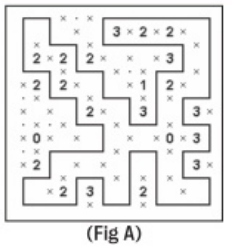
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

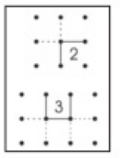
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

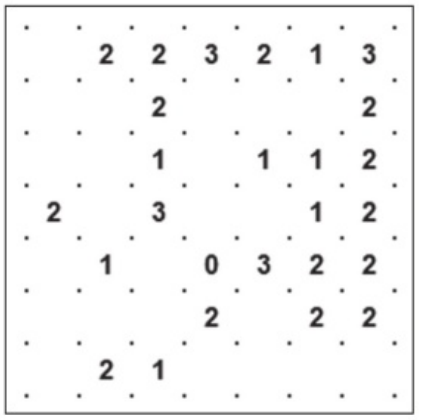
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



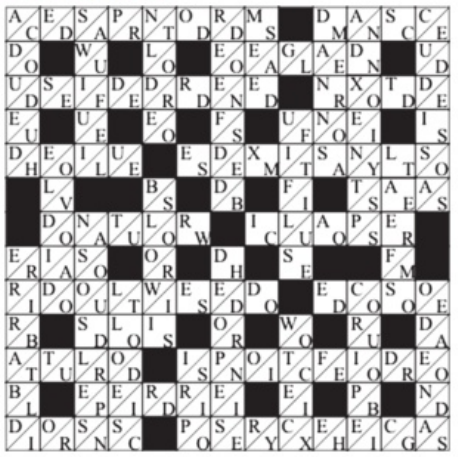
(Fig A)



(Fig B) Not Allowed



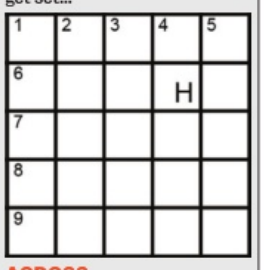
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

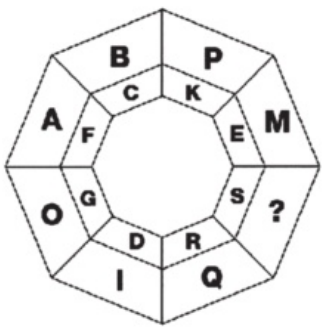
1 A toss; 6 Cur he;
7 Radio; 8 An nan;
9 Genre

DOWN

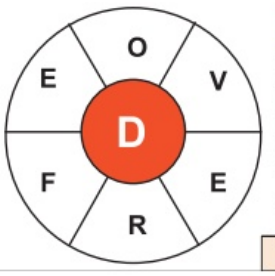
1 Organ; 2 R aura;
3 Cones; 4 It hen;
5 Andes

Mensapuzzle

Which letter completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

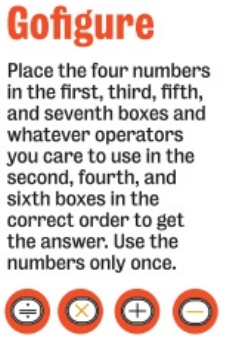
SudokuChallenge

1			3		2			5
6			9		7			4
		7				3		
	7		5		8		6	
	6			4			8	
	8		1		9		4	
		2				4		
7			2		6			1
5			4		1			8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

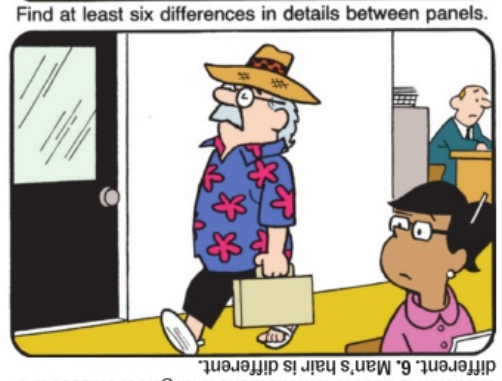
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



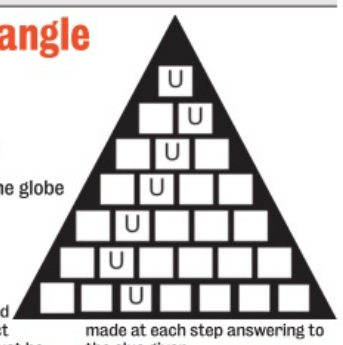
Differences: 1. Hat is different. 2. Man is thinner. 3. Button is added. 4. Moustache is larger. 5. Glasses are different. 6. Man's hair is different.

Riddler

A score and more on field of war, no women ever are. The single man is sent away to go sit at the bar. Yet two of them will never lose nor need fight anyway, A place where two and two makes eight and winners run away. What is it?

Alpha triangle

1 21st letter
2 Et Brute
3 In the open
4 Car colloquially
5 Allotted quantity
6 A paper size
7 Great circle on the globe

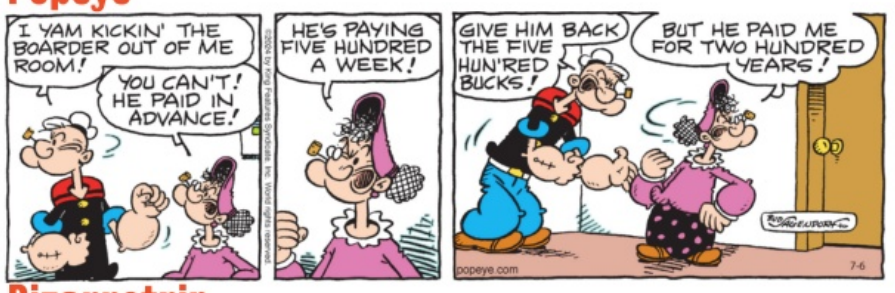


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


I YAM KICKIN' THE BOARDER OUT OF ME ROOM!
YOU CAN'T! HE PAID IN ADVANCE!
HE'S PAYING FIVE HUNDRED A WEEK!
GIVE HIM BACK THE FIVE HUN'RED BUCKS!
BUT HE PAID ME FOR TWO HUNDRED YEARS!
popeye.com
7-6

Bizarrotrip

12-27
Wayno & Piraro
You're incurring additional debt so you can buy a faster router to improve the quality of streamed music?
HI-FI WI-FI REFI
BIZARRO.COM
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Diamond Lil

I ATE TOO MUCH, AND NOW I CAN'T FIND MY FAT PANTS
I REALLY THINK THEY'RE GONE FOR GOOD
WHY DO YOU SAY THAT?
THEY TEXTED ME FROM A SAFE HOUSE
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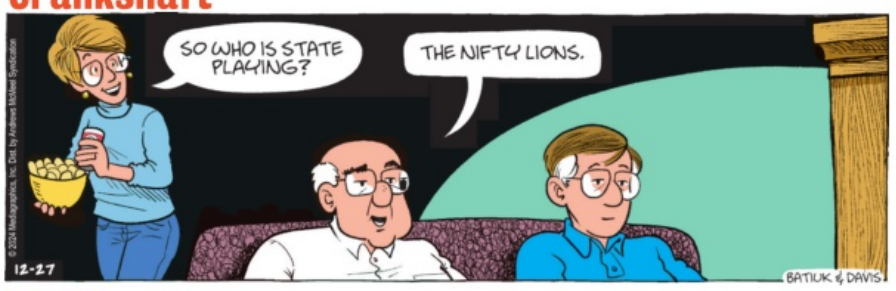
Hart of the city

BWOO BWOO
THANK YOU FOR REPORTING THE ROBBERY ACROSS THE STREET. YOU DID THE RIGHT THING.
I'LL BE BRAGGING ABOUT THIS FOR THE FORESEEABLE FUTURE.
I WOULD EXPECT NOTHING LESS, HEART.

Crankshaft



Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Blessed by the moon, you may receive good news from a sibling today. Time spent with family and friends will bring joy. Your creativity may inspire you to renovate your home or office. Starting a new business partnership with a family member could prove beneficial. At work, your subordinates may support you in completing projects successfully.

Taurus Apr 21 – May 20
A sense of negativity may cloud your thoughts today. Tasks may remain incomplete due to mood swings and impatience. Minor mistakes could create confusion. Lovebirds may feel uncertain about their emotions, and excessive expectations could strain relationships. Students might struggle with concentration. Take care of your parents and focus on staying calm and composed.

Gemini May 21 – Jun 21
A positive moon brings happiness and peace of mind. You'll work efficiently, with strong support from subordinates, helping you make crucial business decisions. A new business venture, possibly involving siblings or networking, could boost future growth. However, ensure you get enough rest to maintain your enthusiasm.

Cancer Jun 22 – July 23
The moon's negative influence may lead to detachment from responsibilities. Unnecessary expenses on trivial items could create negativity at home or work. Be cautious of hidden rivals and opponents, as you might be a target of conspiracy. Read all documents carefully before signing anything.

Leo Jul 24 – Aug 23
You are blessed by the moon today, bringing joy in both family and professional life. Your polite and approachable nature will help you complete tasks smoothly. New sources of income may improve your savings. You may also plan renovations for your home or office, enhancing your surroundings.

Virgo Aug 24 – Sep 23
A positive moon brings success and recognition. Your hard work will be rewarded, and your social reputation may rise. However, overworking could lead to fatigue, possibly preventing you from attending a family event. Chronic health issues concerning your parents may see improvement.

Libra Sep 24 – Oct 22
With the moon's blessings, you'll feel satisfied at work. A short business trip may be on the horizon. Visiting a religious place could help restore inner peace. Elders may guide you toward the right path, bringing clarity to your goals and aspirations.

Scorpio Oct 23 – Nov 22
A negative moon may leave you feeling low. Keep a calm mind and think carefully before making any decisions. Traveling to recover money is possible, but be cautious to avoid financial losses. Avoid risky adventures. Students should focus on deep study to achieve success.

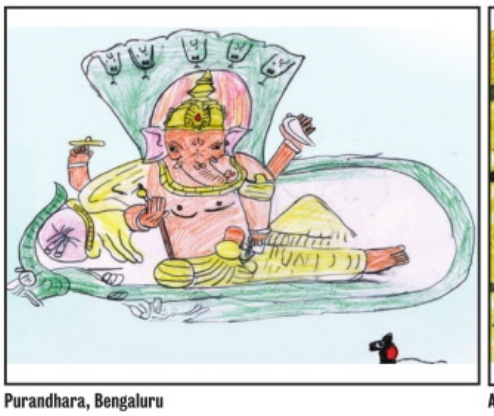
Sagittarius Nov 23 – Dec 22
Positivity and domestic harmony will make you feel good today. Meeting an influential person could lead to benefits in your professional life. Your job performance will be strong, possibly leading to promotions or rewards. Inherited property disputes may move toward resolution.

Capricorn Dec 23 – Jan 20
The moon's blessings bring good health and a sharp focus on your goals. Your work performance will be excellent, gaining appreciation from superiors. Important responsibilities may come your way. Legal matters may bring positive news, and you may successfully manage business rivals and opponents.

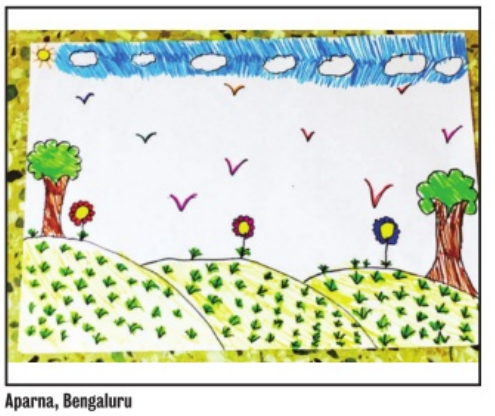
Aquarius Jan 21 – Feb 19
Your intellectual side is strong today, driving you to seek knowledge and understand the value of intellectual assets. Controlling your short temper will help you work more efficiently. A steady income stream may provide financial comfort. Be cautious with new investments in assets, and expect to spend on loved ones. Lovebirds will enjoy their time together.

Pisces Feb 20 – Mar 20
A negative moon may bring feelings of burden and pressure. Rushing to complete tasks might lead to mistakes, slowing down your work efficiency. Project delays could cause frustration. Seek guidance from elders before making important decisions to avoid complications.

KIDZONE



Purandhara, Bengaluru



Aparna, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
20+1/2+20+1/2
20*2/1+20/2
40/1+10
40+10=50

BULL'S EYE
deer, defer, deer, dove, drove, erode, feed, ford, freed, OVERFED, redo, reed, rode, roved

FAST FIVE

G	R	E	E	N
N	A	N	N	A
A	R	O	I	D
R	U	C	H	E
O	A	S	T	S

QUOTE UNCODE
One should not confuse the craving for life with endorsement of it.

STRIKE OUT

A	D	A	P	T	O	R	S	M	A	C	E	D		
D	W	O	E	A	G	A	N	T	S					
D	E	F	E	R	R	E	D	N	O	D	E			
E	U	E	F	U	N	I	S							
D	O	L	E	S	E	X	T	A	N	T	S			
	V		B	D	I		T		T	E	A			
R	I	O	R	H	E	M								
I	D	O	L	I	S	E	D	D	O	S	E			
I	A	N	I	M	P	O	S	E	S					
H	E	T		M		S	T							
T	E	M	P	T	S	D	R	A	I	N	S			
A	E	U		O	W	E								
V	L	E	T	D	O	W	N	S	L	Y				
A	T	E	O	Y	A									
R	E	R	L	R	D									
K	I	N	D	I	L	L	F	A	T	E	D			
A	R	G	U	E	D	A	T	T	A	I	N			
F	L	I	C	K	S	O	R	A	L	L	Y			

QUICK

S	I	C	N	A	M	E	D							
D	O	S	S	P	S	Y	C	H	I	C	S			
O	V	E	R	C	A	S	T	F	O	R	D			
N		E	O	S			R							
I	N	I	M	P	O	S	E	S						
T		M		S										
E	M	P	T	S	D	R	A	I	N	S				
A	E	U		O	W	E								
L	E	T	D	O	W	N	S	L	Y					
T	E	O	Y	A										
T	U	L	F	A	T	E	D							
I	L	L												
N	I	N	E											
E	R	C	A	S	T									
R	O	S												
O	R	A	L	L	Y									

MENSA PUZZLE
N. Take pairs of letters, one from an outer segment and one from the inner segment in the opposite position. The sum of the numerical values of these letters is always 20.

RIDDLER
Backgammon

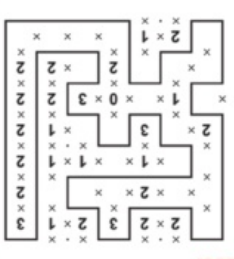
SUDOKU

5	3	6	4	9	1	7	2	8
7	4	8	2	3	6	9	5	1
9	1	2	8	7	5	4	3	6
3	8	5	1	6	9	2	4	7
2	6	1	7	4	3	5	8	9
4	7	9	5	2	8	1	6	3
8	5	7	6	1	4	3	9	2
6	2	3	9	5	7	8	1	4
1	9	4	3	8	2	6	7	5

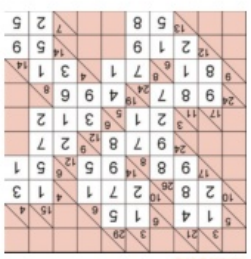
ALPHA TRIANGLE
U, Tu, Out, Auto, Quota, Quarto, Equator.

GO FIGURE
Easy
3 + 5 – 9 + 8 = 7
Medium
8 + 7 – 9 x 3 = 18
Hard
3 + 5 – 2 – 1 = 5

LOOP



KAKURO



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 # Darr rerun
Great news for actor Shah Rukh Khan's fans as one of his big hits, 'Darr', is re-releasing in theatres this Friday

CHALLENGING TIME

When Hrithik opened up about his father's financial worries after failure of film

Veteran filmmaker Rakesh Roshan, known for his remarkable contributions to Hindi cinema, has had a career spanning over five decades. He directed several iconic films, including 'Khoon Bhari Maang,' 'Khudgarz,' and 'Karan Arjun,' and played a pivotal role in launching his son Hrithik Roshan with 'Kaho Naa... Pyaar Hai.'

However, despite his many successes, he faced a particularly challenging phase following the release of his 1997 action-thriller 'Koyla.'

The film, which starred Shah Rukh Khan and Madhuri Dixit in lead roles, did not perform as expected at the box office, leading to severe financial losses for the filmmaker. Hrithik Roshan once shared that he saw his father in tears after suffering significant financial setbacks due to the film's performance. During an interview with Komal Nahta for ETC Bollywood, Hrithik recalled three instances when he witnessed his father becoming emotional. Among those moments, one of the earliest was during the difficult period following Koyla's release.

Hrithik recounted how his father lost all his savings, some of which he had invested, while another portion had been given to someone who later defaulted on repayment. The financial turmoil deeply affected Rakesh Roshan, and Hrithik vividly remembered seeing him overwhelmed with emotions during that time.

Apart from this, Hrithik also recalled two other emotional moments involving his father. The first was in 2000 when 'Kaho Naa... Pyaar Hai' became a massive success, marking Hrithik's debut as a leading actor. The overwhelming response to the film moved Rakesh Roshan to tears. The second instance occurred in 2013 when Hrithik underwent brain surgery, a challenging period for the family that once again left the filmmaker emotional.

Despite the difficulties that came with Koyla, Rakesh Roshan's career continued to flourish. —ETimes

SANDALWOOD SHOTS
Y MAHESWARA REDDY

New face

Kannada matinee idol Dr Rajkumar's grandson Shanmukha Govindaraj debuts as a hero in Sandalwood with Nimbiya Banada Myaga. Its trailer was unveiled by Shanmukha's parents Lakshmi and Govindaraj at SRV Theater on Monday. The movie is scheduled to arrive in theaters on April 4. It is bankrolled by V Madesh while Ashok Kadaba has handled the megaphone.

"This film happened unexpectedly. I was surprised when director Ashok Kadaba told me that he decided to have me on board for this movie," said Shanmukha.

He said the movie has turned out well. "It is a visual treat that highlights the bonding between a mother and her son," he said.

Kadaba said a sequel to the movie is in the making. "We have already completed 40 percent of the shooting of the sequel. The specialty of Nimbiya Banada Myaga is Sunad Raj who makes a comeback to Sandalwood after a gap of 25 years," he said.

Teaser unveiled

Karnataka Law and Parliamentary Affairs Minister HK Patil unveiled the teaser of Mr & Mrs Rajahuli on the occasion of debutant Honnaraj's birthday. Honnaraj debuts as a hero, producer, and director in Sandalwood. Prior to this, Honnaraj worked as an assistant for the Yash-starrer movie Rajahuli.

Minister Patil said that Honnaraj's dream is to become a popular actor in Sandalwood. "Honnaraj has struggled a lot to make this movie. I hope he wins accolades for it," the minister said.

Honnaraj said that he would never forget minister Patil's support and encouragement. "I narrated the script to minister Patil. Impressed by the script, the minister introduced me to his friends. I managed to complete the shooting of the movie with their help and cooperation. The movie is based on a real incident," Honnaraj said.

He said the movie has got a UA certificate from the Central Board of Film Certification. "The hero in the movie is a hard-core fan of Rocky Bhai Yash. He gives importance to friendship and social service. Whether or not he gets married is what it is about," he said.

Pre legal eagle era

Fans of 'Legally Blonde' have exciting news to celebrate! Reese Witherspoon has shared the first look at Lexi Minetree as Elle Woods in Elle, a new prequel series coming to Amazon Prime Video.

Witherspoon, who played Elle Woods in the original films, took to Instagram to make the announcement.

"Harvard was hard. High school was harder. Our new series, Elle, is now in production! Couldn't be more excited to introduce you all to @leximinetree as Elle Woods," read her Instagram post.

According to Variety, the show will take viewers back to Elle Woods' high school days, giving fans a glimpse of the experiences that shaped her into the confident and determined woman fans loved in Legally Blonde. Meanwhile, shooting for the series has just begun, reported Variety.

Lexi Minetree is set to take on her first lead role as young Elle Woods. —ANI

Chitrangada reveals one acting tip by Shabana

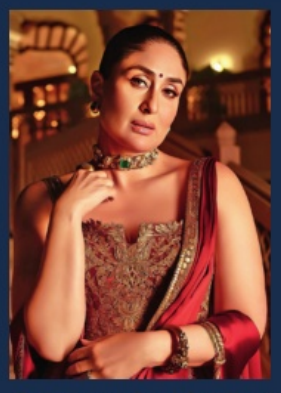
Actress Chitrangada Singh, who has been getting a lot of positive response to her work in the recently released streaming series 'Khakee: The Bengal Chapter', has shared the one acting tip that she still holds close to her heart.

The tip was given to her by veteran actress Shabana Azmi during one of their interactions. Chitrangada recently spoke with IANS, and shared that she was completely lost on the sets of her film 'Hazaaron Khwaishein Aisi' through which she made her foray in cinema.

Recollecting how she got her debut film, she told IANS, "I have not studied acting. I have never done theatre, or anything. It actually was the best coincidence of my life that I got discovered..."

She said during the shoot of Hazaaron Khwaishein... she felt very lost. "I got a chance to work with Shabana Ji in a film later. We were discussing how I have not gone to an acting school or haven't studied acting and all that. And you know what Shabana Ji said? She said the problem with studying acting is first you learn and then you have to unlearn. She said you are in the best place as you haven't learnt and you won't have to unlearn. It's a longer process. I feel every actor has their own method," she said. —IANS

Secret beauty diet



Kareena Kapoor Khan had turned pure vegetarian when she was dating Shahid Kapoor. While now she's not strictly vegetarian but largely prefers that diet only. The actress spoke about how her nutritionist Rujuta Diwekar is pro-vegetarian, when she recently attended an event to launch her new book.

The actress made a major revelation that her body and skin completely changed when she was pure vegetarian and she loves following that. Kareena spoke about Rujuta and said, "She is pro vegetarian and when we work together, I am pure vegetarian. My body and face transformed during that time, so I have had experiences with that and with her. My relationship with food is easy and simple in the last 10-15 years. I just go back to the same food and I am happy with it. I don't want to experiment with it, it is comforting and makes me feel happy."

Kareena revealed that while she's eaten food from all over the world, it's home-cooked food which she enjoys the most. "When I am at home and eat simple meals, I don't care what it is but I feel like a zillion bucks."

—ETimes